

Department of Dravyaguna Vidnyan

Plant Name: Nirgundi



Introduction

- **Botanical Name:** *Vitex negundo* Linn.
- **Family:** Verbenaceae
- **Description:** Nirgundi, also known as the "**Five-leaved Chaste Tree**," is a well-known Ayurvedic herb used for **pain relief, anti-inflammatory, and respiratory conditions**. It is particularly beneficial in **joint disorders, respiratory diseases, and skin conditions**.

Synonyms

- **Sanskrit:** Sinduka, Nirgundi, Surasa, Simhaghna, Samushna, Vananimba
- **Hindi:** Nirgundi
- **Marathi:** Nirgundi
- **Tamil:** Nochi
- **Telugu:** Vavili
- **Kannada:** Lakki

Classification According to Ayurveda

- **Charaka:** Vedanasthapana (Analgesic), Shirovirechana (Nasya herb)
- **Susrutha:** Arkadi Gana (Group of medicinal plants)
- **Vagbhata:** Arkadi Gana

Morphology

- **Type:** Large aromatic shrub or small tree, 2-5 meters in height.
- **Stem:** Erect, woody, and covered with greyish bark.
- **Leaves:** Palmately compound with five lanceolate leaflets, greyish-green, with a distinct odor.
- **Flowers:** Small, bluish-purple, in terminal clusters, flowering in summer.
- **Fruits:** Small, round, black, drupe-like berries.

Distribution & Habitat

- Found throughout **India, Sri Lanka, and Southeast Asia.**
- Grows well in **tropical and subtropical regions**, especially near rivers, roadsides, and wastelands.

Chemical Constituents

- **Alkaloids:** Nishindine
- **Flavonoids:** Casticin, Chrysophenol D
- **Essential Oils:** Sabinene, Camphene, Limonene
- **Glycosides:** Iridoid glycosides
- **Other Components:** Tannins, Resins, Terpenoids

Properties (According to Ayurveda)

- **Rasa (Taste):** Tikta (Bitter), Katu (Pungent), Kashaya (Astringent)
- **Guna (Quality):** Laghu (Light), Ruksha (Dry)
- **Virya (Potency):** Ushna (Hot)
- **Vipaka (Post-digestive effect):** Katu (Pungent)
- **Karma (Action):** Vedanasthapana (Analgesic), Shothahara (Anti-inflammatory), Krimighna (Antimicrobial), Shirovirechana (Clears nasal passages), Kasahara (Relieves cough), Vishaghna (Detoxifier)

Dosha & Dhatu Affinity

- **Dosha:** Balances **Vata and Kapha**
- **Dhatus:** Acts on **Rakta (Blood), Mamsa (Muscles), Asthi (Bones), Meda (Fat), Majja (Bone Marrow)**

Indications

- **Pain Relief:** Arthritis, Joint Pain, Muscular Pain, Sciatica
- **Respiratory Disorders:** Asthma, Cough, Bronchitis, Sinusitis
- **Fever & Infections:** Chronic fevers, Skin infections, Malaria
- **Gynecological Disorders:** Dysmenorrhea (Painful periods), PCOS
- **Digestive Disorders:** Indigestion, Worm infestations
- **Neurological Disorders:** Headache, Migraine, Epilepsy
- **Skin Diseases:** Eczema, Dermatitis, Leprosy

Parts Used

- Leaves, Root, Bark, Seeds, Flowers

Dosage

- Juice (Swarasa): 10-20 ml
- Powder (Churna): 3-6 g
- Decoction (Kwatha): 50-100 ml
- Oil (Taila): Used externally for pain relief

Uses

External Uses

- **Anti-inflammatory:** Leaf paste is applied on swelling, wounds, and joint pain.
- **Pain relief:** Nirgundi oil is massaged on painful joints and muscles.
- **Skin care:** Used in eczema, acne, and other skin diseases.
- **Headache relief:** Leaf decoction is used for steam inhalation.

Internal Uses

- **Joint & Bone Health:**
 - Beneficial in Arthritis, Gout, Rheumatism, and Sciatica.
 - Nirgundi oil is used for external massage.
- **Respiratory System:**
 - Helps in clearing mucus and relieving cough, sinusitis, and asthma.
- **Digestive System:**
 - Improves digestion, relieves bloating, and eliminates worms.
- **Circulatory System:**
 - Purifies blood, removes toxins, and supports heart health.
- **Gynecological Health:**
 - Regulates menstrual cycles and relieves menstrual cramps.

Important Yogas (Formulations)

- **Nirgundi Taila (Oil)** – Used for external massage in joint pain
- **Nirgundi Kwatha (Decoction)** – Used for respiratory disorders and fever
- **Nirgundi Churna (Powder)** – Used for digestion and pain relief
- **Mahavishagarbha Taila** – Used for paralysis, joint pain, and swelling

Therapeutic Uses

1. **Arthritis & Joint Pain**
Nirgundi oil is massaged on painful joints to reduce inflammation.
2. **Respiratory Disorders**
Decoction of Nirgundi leaves helps in asthma, bronchitis, and cough.
3. **Sinusitis & Headache**

Steam inhalation with Nirgundi leaves relieves sinus congestion and headache.

4. Menstrual Disorders

Nirgundi leaf juice mixed with honey is beneficial in dysmenorrhea.

5. Skin Diseases

Leaf paste applied on skin infections helps in quick healing.

6. Wound Healing

Decoction of Nirgundi leaves is used for washing wounds and ulcers.

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